STRESS MANAGEMENT

SECOND TO NONE

Definition of Stress

“ A non-specific response of the body to any demand made upon it.”

Definition of Stress

“The Pressures of Life.”

TYPES OF STRESS

- **Eustress (Good)**
- **Distress (Bad)**
- **Hypostress (Boredom)**
- **Hyperstress (Over)**

Stages of the Stress Process

- **Phase 1 ALARM**
- **Phase 2 RESISTANCE**
- **Phase 3 EXHAUSTION**

Phase 1 The Alarm Stage

The “Fight or Flight” response.

- **increased adrenaline**
- **increased heart rate**
- **increased blood pressure**
- **decreased digestion**
- **dry mouth**
- **sweating**

Phase 2 The Resistance Stage

- **Coping resources energize and struggle to reduce the real or perceived threat.**
- **Illness and diseases increase above normal levels**
- **Parasympathetic Nervous System**

Phase 3 The Exhaustion Stage

- **The body's system begins to breakdown**
- **A reduction in productivity**
- **A reduction in effectiveness**

Stress and Diseases

75% of visits to doctors are stress related

- **Hypertension (high blood pressure)**
- **Coronary heart disease**
- **Migraine and tension headaches**
- **Ulcers / asthmatic conditions / arthritis**
- **Allergies / vertigo / hyperthyroidism**
- **Hives / eczema / dermatitis**

Impact of Stress in Self

- aggression
- anxiety
- apathy
- depression
- diarrhea
- dry mouth
- fatigue
- forgetfulness
- frustration
- inability to concentrate
- nausea
- numbness/tingling
- nervousness
- irritability
- low self-esteem

Physical Stress
vs.
Emotional Stress

- **The Adrenalin Hormone**

  increases heart rate/blood pressure
- **The Cortisol Hormone**

  increases acids in blood and breaks lean tissue

Causes of Stress

- **The causes of stress are “stressors”**
- **A stressor is an internal or external stimulus**

Sources of Stress

- Environment stress
- Family / Home stress
- Diet / Chemical stress
- Work / Unit stress
- Social stress

Environmental Stress

- pollution
- crowding
- temperature
- noise
- sleep loss
- change

Family / Home Stress

- spouse
- children
- finances
- illness
- time management
- role

Diet / Chemical Stress

- nicotine
- caffeine
- alcohol
- sugar
- fat
- over-eating
- under-eating

Work / Unit Stress

- commander
- role
- expectations
- subordinates
- evaluations
- deployments
- mission

Social Stress

- interactions with other people
- dating
- giving a speech
- going to a party
- attending a function

Stress Reduction

- **Stress cannot be removed.**
- **Stress must be managed.**

Stress Control # 1

Sleep, sleep, and more sleep

Sleep allows the body to restore itself and to repair itself.

Stress Control # 2

- **Daily exercise**

  Exercise each day, but slowly, progressively, and realistically.

Stress Control # 3

- **Eat balanced meals regularly**

A healthy diet gives the body the right nourishment it needs.

Stress Control # 4

- **Set realistic expectations**

  Avoid the “zero defect” or perfectionism.

Stress Control # 5

- **Develop social support systems**

Join a club, sports/ recreation league, or chapel/church. Go to a movie; read a good book; go out with friends.

Stress Control # 6

- **Relax, relax, and relax some more.**

Take time to sit and put up your feet. Use techniques to reduce muscle tension and calm the mind.

Stress Control # 7

- **Increase self awareness**

Become aware of your stress and listen to what your body is saying.

Stress Control # 8

- **Renew your spiritual life**

  Participate in religious activity such as prayer, fellowship, and worship.

Stress Control # 9

- **Focus on today’s problems**

Forget about tomorrow’s problems, since they may never happen.

Stress Control # 10

- **Focus on the cause, not the symptoms**

  Ask how can I solve the problem, and what do I need to fix?

Effective Stress Management

- **Recognize Stress**
- **Identify Stress Source(s)**
- **Create a Stress Strategy**
- **Implement your Plan**